

Pole Icon 2020

Intermediate 2 Moves List

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Pole Icon Intermediate

Terminology

Nearside = Closest side to the pole
Inside = Closest side to the pole
Inner = Closest to the pole
Outside = Furthest side from the pole
Outer = Furthest from the pole
Lower = Nearest the floor/ground
Higher/Upper = Nearest the ceiling/sky

Additional Descriptions:

Extended = Lengthened, not rounded or flexed
Back Arch = Arched backwards showing back extension or back bend
Front or Forward = In the direction forward of, or in front of the body
Backwards or Behind = In the direction backwards or behind the body
Neck in line with spine = When the neck lengthens in line with the spine without deviation
Upright = When the head is above the level of the torso and hips
Parallel to the floor = When the whole of, or part of the body forms one straight line which is horizontal
Inverted/Upside down = When the head is below the level of the hips and torso
Straddle / V leg position = When the legs form a V shape and mirror each other exactly



Pole Icon Intermediate 2



1. Ballerina	MAX. POINTS
Gripping points are the hand of the up-stretched arm. The length, or part of the upper arm may also be in contact with the pole. The upper back, side of torso and hip. Inside thigh and lower leg/ankle of the leg opposite to the up-stretched arm. The lower foot may not touch the pole. Do not add any extra gripping/contact points!	1 point
The head is up, the shoulders are down and both arms are extended. The free arm reaches in a direction of choice.	1 point
The body is upright, the torso is rotated around the the pole.	1 point
Both legs are bent and both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4



2. Concorde	MAX. POINTS
Gripping points are the nearside underarm and side of the nearside ribs. The inside of the nearside knee, shin, ankle and side of foot. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine, with the head looking down to the floor. The shoulders are down away from the ears. Both arms are extended straight.	1 point
The torso faces downwards.	1 point
The outside, back leg is extended straight and behind the body with a pointed foot.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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3. Cupid	MAX. POINTS
Gripping points are the sole of the outside foot, the back of the hooked (nearside) knee, the areas of the thigh and calf which are close to the back of the hooked knee. Do not add any extra gripping/contact points!	1 point
The head is up, the neck is in line with the spine and the shoulders are down. The outside arm is in a position of choice (not touching the pole). The nearside hand holds the ankle or foot of the nearside, hooked leg.	1 point
The body is upright, leaning away from the pole and the spine is extended.	1 point
The outside leg is extended straight. The nearside foot is pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4



4. Daredevil	MAX. POINTS
Gripping points are the back of the hooked (upper) knee, the areas of the thigh and calf which are close to the back of the hooked knee. The shin and ankle of the lower leg. The arch of the lower leg's foot may also touch the pole. Neither hands, nor arms touch the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine. The arms are extended in a position of choice, not touching the pole or any part of the body.	1 point
The torso is parallel to the floor, or pointing downward. The spine is extended or arched.	1 point
The legs are bent. The top leg's foot is pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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5. Flag Attitude	MAX. POINTS
Gripping points are under the top arm and the back of the top arm. The front of the chest. Both hands hold the pole. Do not add any extra gripping/contact points!	1 point
The neck is in line with the spine and the shoulders are down away from the ears.	1 point
The body forms a straight, horizontal line from the top side of the chest to the upper hip, and is parallel to the floor. A 20° tolerance for the torso being either up or down is acceptable.	1 point
The lower leg is bent and pointing forward. The upper leg is bent and pointing backward. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4



6. Front Chinese Attitude	MAX. POINTS
Gripping points are the toes and the ball of the straight leg's foot, the back of the hooked knee, the areas of the thigh and calf which are close to the back of the hooked knee. Neither hands, nor arms touch the pole. Do not add any extra gripping/contact points!	1 point
The head is up, the neck is in line with the spine and the shoulders are down. The arms are in a position of choice, not touching the pole, or any other part of the body.	1 point
The body is upright with a 30° tolerance allowing the torso to lean slightly forward or slightly backward. The spine is extended.	1 point
The lower leg is extended straight. The foot of the hooked, bent leg is pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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7. Half Star	MAX. POINTS
Gripping points are the nearside hand, the back of the nearside arm and shoulder. The upper part of the inside thigh and hip. The side of the nearside torso and the outside hand. Do not add any extra gripping/contact points!	1 point
The crown of the head points towards the floor. The inside arm is extended straight. The outside hand holds the pole below the head (towards the direction of the floor).	1 point
The body is inverted, the spine is lengthened, and the chin is off the chest with the neck in line with the spine.	1 point
Both legs are extended straight in a straddle V. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4



8. Jallegra	MAX. POINTS
Gripping points are the nearside/upper hand, the nearside inner thigh and/or inside of the nearside knee. The nearside torso. The mid-back may be in contact with the pole. The outside arm may touch either side of the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down and the neck is in line with the spine. The inside arm holds the pole above the inside leg. The inside hand holds the pole, either above the knee or under the calf, within the knee hook. The outside arm is straight, holding the outside leg's foot or ankle.	1 point
The body is inverted or parallel to the floor. The body may not be above parallel to the floor. The spine is extended or arched.	1 point
Both feet are pointed. Both legs are bent with a split angle at the thighs of at least 140°.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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9. Leg Release	MAX. POINTS
Gripping points are the inner thighs and gluteal area. Do not add any extra gripping/contact points!	1 point
The shoulders are down from the ears and the neck is in line with the spine. The arms are in a position of choice with no contact to the pole or another body part.	1 point
The body is inverted. The spine is extended or arched. The torso faces away from the pole.	1 point
Both legs are straight and both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

10. Maxi	MAX. POINTS
Gripping points are the back of the hooked knee, the areas of the thigh and calf which are close to the back of the hooked knee. The length of the inner thigh of the hooked leg, and the opposite side's hip may touch the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down and the neck is in line with the spine. The arms are in a position of choice with no contact to the pole or another body part.	1 point
The body is inverted. The spine is extended or arched.	1 point
Both legs are bent and both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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11. Mini Bow & Arrow	MAX. POINTS
Gripping points are the nearside's hand, the back of the arm and back of the shoulder of the nearside arm. The nearside neck may touch the pole. The back of the hooked knee, the areas of the thigh and calf which are close to the back of the hooked knee. The side of the torso and gluteal area may also touch the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down and the neck is in line with the spine. Both arms are extended straight.	1 point
The body is inverted and the spine is extended.	1 point
The nearside leg is bent and the outside leg is extended straight, pointing forwards, in front of the body. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

12. Peacock 1/2 Split	MAX. POINTS
Gripping points are the elbow hook of the nearside arm, and the area of the upper arm and forearm close to the elbow hook. The nearside back of thigh and the outside leg's hooked knee, including the areas close to the hooked knee. Do not add any extra gripping/contact points!	1 point
The head is up, the shoulders are down, and the neck is in line with the spine.	1 point
The body is upright, or leaning away from the pole a maximum of 30°. The outside arm is extended straight, in a position of choice.	1 point
The nearside leg is extended straight, the outside leg is bent, hooking around the pole. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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13. Hang Back	MAX. POINTS
Gripping points are the nearside hand and the nearside torso. The nearside back of arm and shoulder may touch the pole. The outside hand and the inside sole of foot. The nearside shin and front of nearside thigh may also touch the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down and the neck is in line with the spine. The nearside arm is straight, and the outside arm is bent under/behind the torso.	1 point
The body is inverted, the spine is extended or in a back arch.	1 point
The nearside leg is straight, the outside leg is bent behind the body. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

14. Secretary	MAX. POINTS
Gripping points are the back of the hooked knee. The hooked knee is that of the upper leg. The areas of the thigh and calf which are close to the back of the hooked knee are also in contact with the pole. The nearside side of thigh is in contact with the pole. The front of the torso may also touch the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down, the neck is in line with the spine. The arms are extended straight, in a position of choice, with no contact to the pole or another body part.	1 point
The body is inverted, the spine is extended or arched. The torso faces towards the pole.	1 point
Both legs are bent. The lower leg is crossed over the upper leg. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4

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15. Shouldermount Butterfly	MAX. POINTS
Gripping points are the top of one shoulder and both hands. The side of the neck may also touch the pole. The ankle and lower part of the calf grips the pole. Do not add any extra gripping/contact points!	1 point
The shoulders are down away from the ears and the neck is in line with the spine.	1 point
The body is inverted or parallel to the floor. The chest faces upwards.	1 point
The ankle hooked leg is the opposite side leg to the shoulder that is in contact with the pole. Both legs are bent. The free leg points down, behind the body. Both feet are pointed.	1 point
Held for 3 seconds. If the move is not held, a score of 0 will be given.	Compulsory
TOTAL POINTS	/4